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W A R   F C O D   A D M I N I S T R A T I O N  
Western Union Building  
Atlanta 3, Georgia

PEACH RECIPES

Eat Plenty of Peaches - Plain or Fancy - But Often

Brown Betty /1

About 4 c. coarse dry bread crumbs  
3/4 c. brown sugar  
4 c. finely cut fruit   f.g. salt

4 T. melted butter  
Cinnamon, nutmeg, or lemon  
Hot water to moisten

In a buttered mold arrange alternate layers of crumbs, fruit and seasoning until all ingredients are used. Add hot water to moisten. Bake covered until fruit is done, then uncover and brown. Serve with cream or lemon sauce.

NOTE: Use cake or cracker crumbs for bread crumbs, cut sugar at least 1/2.



Fruit Batter Pudding /1

1 c. flour  
1/3 c. sugar  
f.g. salt  
3 T. melted fat

1/2 c. milk  
peaches  
1 1/2 t. combination baking powder

Fill a greased baking dish three-fourths full of peaches. Add sugar if fruit is unsweetened. Sift dry ingredients, add milk, and melted fat. Beat the mixture only until smooth and spread over the fruit. Bake until brown in a moderate oven. Serve with cream or lemon sauce.

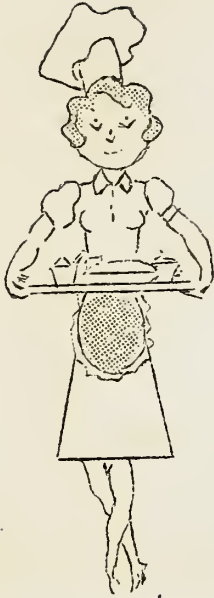
Peach Upside-Down Cake /1

1/4 c. fat  
1/2 c. sugar  
1 egg well beaten  
1 1/2 t. combination baking powder  
1/2 c. fruit sirup

1 1/4 c. flour  
1/4 t. salt  
1 1/2 c. sliced fruit  
3 T. butter  
3/4 c. brown sugar  
1/2 c. chopped nuts

Cream fat and sugar. Add beaten egg and fruit sirup alternately with the sifted dry ingredients. Melt the butter in a frying pan, add the brown sugar, and when melted, spread over the pan the chopped nuts and sliced peaches. Pour the batter over the fruit and bake in a moderate oven (350° to 375° for 30 minutes. Serve warm, either plain or with cream or whipped cream.





### Peach Cream Pie /1

5 to 6 peaches	1/4 t. salt
1/2 c. sugar	1/2 t. lemon extract
2 c. scalded milk	1/3 c. flour
2 eggs	

Line a medium sized pie plate with pastry having a fluted rim, and bake at 500° F. for 12 minutes. Cover this with sliced peaches and pour over them the cream filling made as follows: Beat the eggs and add sugar, flour and salt mixed together. Add the milk and cook 15 minutes in the top of a double boiler, stirring constantly. Let cool and add the lemon extract. Top the pie with whipped cream if desired.

### Peach Cobbler /2

4 1/2 c. peaches	4 t. baking powder
1/4 c. shortening	3/4 t. salt
2 c. flour	1/2 c. milk

Sift together flour, baking powder and salt. Rub shortening into dry ingredients and add milk to make a soft dough. Pour the fruit into a large baking pan. Roll out pastry and cover fruit. Prick holes in pastry to allow steam to escape. Bake in hot oven (425° F.) for 30 minutes. Cut in squares and serve. Approximate size of serving - 2-inch square.

### Foundation Cake - for Fruit Shortcake /3

(Sorghum, cane, corn, or maple sirup)

1/2 cup fat	3 cups sifted soft-wheat flour
1/4 to 1 teaspoon flavoring	4 teaspoons baking powder
3/4 cup sirup	1/4 to 1/2 teaspoon salt
3/4 cup sugar	3/4 cup milk
2 to 3 eggs	

Cream the sugar and fat together; add the flavoring and the sirup gradually, stirring until the mixture is light and fluffy. Continue creaming and add slowly the well-beaten egg yolks.



Add the sifted dry ingredients and milk alternately, a little milk at a time. Beat in the dry ingredients. Stir in the milk. The first and last addition should be the dry ingredients. Fold in the beaten egg whites last of all. Pour the batter into a lightly greased pan.

For a layer cake, bake in a moderate oven (350° F.) for 25 minutes. For a loaf cake, bake in a very moderate oven (325° F.) for 40 to 45 minutes.

If molasses or sorghum sirup is used, change the baking powder to 1 teaspoon and add 3/4 teaspoon soda to the dry ingredients.

## MORE SUGGESTIONS

Mixed fruit (a)

Baked peaches (a)

Stewed peaches (a)

Spiced peaches to be used as an accompaniment (a)

Fruited tapioca

Made with fruit juices with diced fruit added

Creamed tapioca with baked peaches

Soft custard with sliced peaches

Cornstarch pudding with variations for sliced peaches

Fruit crisp

Peach Pie

Peach Tarts

Sliced peaches with cake crumb or cookie crumb topping (a)

Fruit Whip

- (a) Try using a white commercial sirup blended with lemon juice, for sweetening. If you've never used it, you're in for a surprise -- a sweet one!



It's hard to beat peaches eaten the simplest ways...out of hand...sliced with cream or top milk...served as a fruit cup alone or with other fruit. Sliced peaches and raspberries or blackberries for example are a combination to please both palate and eye.

Keep ripe peaches cool until used. Spread them out to avoid bruising. Let peaches that are a little on the green side ripen at room temperature.

To keep sliced peaches from turning dark and unattractive, either peel just before using, or sprinkle the cut fruit with a little lemon juice.

Go light on sweetenings. To keep the sugar in the sugar bowl, experiment -- try a little honey, sirup, or other sweetening on hand.

Let sliced peaches top a bowl of cereal, hot or cold.

Broil or bake peach halves, pit side up, in a shallow baking dish. To each piece add a little melted table fat, a very little salt, and sweetening if desired. When hot through and lightly browned, the peaches are ready to be served hot with the main course or as a desert.



For easy peeling, dip peaches in boiling water a minute or two, then quickly into cold. Skins will slip easily.

A pinch of salt brings out flavor in cooked fruit.

Serve cooked peaches hot to enjoy the fullest flavor and sweetness.



Use chilled peaches in refreshing salads...halved peaches nesting in crisp lettuce, for example... sometimes with cottage cheese or cream cheese or chopped fruit in the hollow of the peach half. Or combine peaches and other fruits, crisp and cold, and cut in slices or good-sized diced pieces. A fruit salad fits anywhere in a meal; as a starter, with the main course, as a dessert. For a warm weather lunch or supper, a generous fruit salad plate may need only bread or sandwiches and a beverage.

With stewed peaches try a dash of spice, cinnamon, perhaps, or clove buds.

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- 1 / Cooking for Ohio Families - Bulletin 169 of the Agricultural Extension service, Ohio State University.
  - 2 / Manual for Managers of Rural and Other Small School Lunchrooms - The Ohio Dietetic Association.
  - 3 / Cooking and Canning with Less Sugar - Agricultural Extension Service University of Tennessee.

